

Eat Less Sodium

One in four South Carolina adults has high blood pressure.

You may be at risk for high blood pressure if you:

- Have a history of the disease
- Are overweight
- Eat a high sodium diet

Ideas to Lower Your Risk

- ♥ Try to buy more fresh or frozen foods and less processed foods.
- ♥ Try to buy fewer foods that have sodium listed on the Nutrition Facts label.
- ♥ Try flavoring your foods with lemon juice, garlic powder, pepper, dry mustard, oregano, dill, cinnamon, chili powder or a spice blend instead of salt.

***Did you know these foods
are high in sodium?***

Eat less of them.

- ♥ Canned foods
- ♥ Cured and processed meats
like hot dogs, sausage, and
luncheon meats
- ♥ Fast foods, microwave dinners,
and frozen foods with added
sauces and toppings
- ♥ Cheese
- ♥ Salted chips and snack foods



South Carolina Department of Health
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